**How to develop an app?**

Developing an app requires an idea, programming skills, and time. For non-developers, app development can be daunting. However, SelfHelp, an open-source CMS system eliminates the need for programming skills, offering components designed to meet researchers' needs. With SelfHelp, users can design pages, menus, and forms without requiring programming skills. Its interactive data collection enables dynamic event triggers and its application functionality to be customized based on the incoming data, making it easy to design intervention studies with multiple sessions and pre- and post-tests. Condition components can be used to fine-tune what is displayed, when it is displayed, and how long it remains accessible. Additionally, SelfHelp provides a user and group management system, allowing researchers to categorize participants and assign management roles to their team. With multi-language support, SelfHelp empowers researchers to bring their idea to life and explore their creative potential without being restricted by their programming skills.